

Experiences Related to Pain Management

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

(Note: See also Experiences Related to Dental Pain)

One patient at my pain control clinic was very resistant to the concept of Hemi-Sync tapes but agreed to listen to them as directed. She admitted that, although she thought it sounded like "crazy stuff," the tapes helped her to get pain relief and to relax. After her treatment was over, she purchased several tapes for herself. At follow-up visits she told me that at the end of a stressful day, she listens to a tape and has been able to prevent her back from hurting.

The Department of Surgery at Columbia Presbyterian Hospital uses *Hemi-Sync* tapes in conjunction with other therapies to help patients heal more quickly and with less anxiety and pain. They recommend the *Surgical Support Series* tapes for use prior to and during a medical procedure and while in recovery. They recommend a variety of other *Hemi-Sync* tapes to foster healing and maintain optimal wellness in the hospital and at home.

The scheduled doses of morphine were no longer controlling the pain of his terminal cancer. When the doctor started continual morphine drips, it was hard to know if he was sleeping or not because even when awake, he wasn't really here. His wife played the *Pain Management* tape and he very soon fell into a deep sleep with his abdomen breathing rhythmically. In the morning he was much more alert and asked for more tapes. *Energy Walk* was his favorite. The following day he was even more alert and asked the doctor to remove the morphine drips. He passed away peacefully this morning.

A patient with myofascial pain and dysfunction was able to lower tension in a band across her forehead almost instantaneously after learning the Function Command for H+ *De-Discomfort* by listening to the tape twice. With electrodes placed on her forehead and connected to an ORION bioExperiences system, the reading immediately dropped from 6 mv to 3 mv when using the Plus-55515 command.

Report from psychologist. The patient's cancer continues to spread, and he has been in considerable pain. He had been taking large amounts of medication: 125 mg of Tegretol three times a day, 12-15 cc a day of Dilantin, Darvocet every four hours, and Zantec. He had also been taking 11cc of Methadone four times a day and this was recently changed to morphine. Despite all the medication, his pain was poorly controlled.

I introduced him to the *Hemi-Sync Pain Management* tape to use at home, and he finds it helps reduce pain between medications. After only four sessions, he is now seeing me on an "as needed" basis. The *Pain Management* tape has furnished the backbone of his treatment program.

Report from an MD who operates a pain-control clinic: A local dentist refers patients to me for assistance with dental analgesia. It consists of giving the patient the *Pre-Op* tape from the *Surgical Support Series* to listen to daily for one week prior to the procedure. During the dental procedure, the *Intra-Op* tape is played. I have treated three patients to date using this procedure.

The first had tremendous fear of dental pain and didn't want injectable analgesia. She needed both an inlay and a crown, both considered to be extremely uncomfortable procedures. She experienced no pain and felt totally relaxed and happy during and afterwards.

The second patient had a previous negative experience in the dental chair with an acute hypertensive episode accompanied by agitation requiring paramedic assistance. It was unclear whether the episode stemmed from extreme fear and anxiety or was a reaction to the local anesthetic. Regardless, it was evident an alternative was needed. She was to have some very extensive work. A three-unit bridge and inlay, and a four-unit bridge were all to be accomplished during two separate visits. During both visits, the same treatment was used. The patient had one area in her right anterior mandible which remained a bit sensitive, but she endured on both visits with minimal discomfort and no agitation. She noted that the tape helped her to feel at ease and detached from discomfort.

The third patient was a very environmentally sensitive woman who could not tolerate drugs or anesthesia of any kind and needed several fillings. She, too, did well and had minimal to no discomfort during her procedure.

My friend had a severe allergic reaction to morphine while she was in the hospital and was suddenly aware that her heart was pounding to the point of bursting; her whole body was a mass of pain and was convulsing uncontrollably. She felt total terror and knew she was dying. She heard someone say, "We've sent for her family." Then the function command 55515 (the cue learned on the *Pain Management* tape) popped into her head, and the convulsions stopped, and the pain and fear disappeared. After her second mental repetition, she heard someone say, "We have a pulse." Her next awareness was that all the people who had been hovering over her were gone and she was alone and in total peace. Within an hour of the reaction, she was fully awake, pain free, and able to talk to her children. She says that since that experience, she feels totally accepting of death, and even more remarkably, she's able to be in the midst of family turmoil and, for the most part, remain serene. She continues to listen to tapes several hours a day, and although her medical prognosis is not good, she's actually enjoying her life.

A patient with chronic pain from a neck injury and nerve root entrapment listened to *De-Discomfort* and *Circulation* two times each. The bioExperiences system showed electrical activity in the forehead dropping from 3.4 mv to 1.2 mv using the *Pain Management* command.

My massage therapist began a series of deep tissue massages after an evaluation of "scar marbles" resulting from tissue and bone re-knitting in a bulky, awkward fashion. The area of the nodules was extremely sensitive to pressure and difficult to palpate deeply. During the first deep

tissue session, I used the *Pain Management* command successfully to distance from the discomfort so that the area could be worked in a controlled manner. During the second massage, I used *Sleeping Through the Rain* to attain a deeper state of muscle relaxation and was able to tolerate her working more deeply on the injured area. By the third massage, she was able to work at the level of the bone and gently manipulate the scar nodules directly. They began to shrink and flatten very quickly, the entire shoulder girdle became more flexible, and I experienced an unusual (for me) level of relaxation in my neck and scalp. I believe that *Hemi-Sync* has uniquely supported and speeded my healing, and my overall energy level has measurably increased.

Report from a chronic pain clinic: To introduce the tapes, I offer a presentation on sleep, sleep cycles, sleep disorders and the importance of sleep as a restorative process. Then, each pain patient lies on a mat with a pillow and headphones to listen to just the Prep side of a H-PLUS tape. Sounds of snoring from two patients who said that they were usually unable to fall asleep were quite exciting. The simple procedure of listening to just Prep creates receptivity to the impact of the tapes. Patients cannot wait to hear the other side! Over the next few days, as we get acquainted, I recommend specific tapes for their individual problems.

From my personal observations—and from discussions with patients—the tapes are a hit! H-PLUS *De-Discomfort*, *Restorative Sleep*, *Circulation*, and *Off-Loading* had the biggest impact on reducing chronic pain. The **Mind Food** tapes *Sound Sleeper*, *Pain Management*, and *Flying Free* were also helpful.

The men were truck drivers, crane operators, or handlers of heavy equipment, all very sedentary occupations with most of the day spent seated. After using the *Pain Management* tape for several months they spoke of feeling the pain less, needing less medication, and improved morale. The clinical signs were still present, but they were responding more positively to their pain.

Muscular tightness often interfered with my getting a good night's sleep. Once I started listening to *Restorative Sleep*, the muscular pain and discomfort went away and hasn't come back.

Mrs. C. consulted me with severe migraines. Hypnotherapy gave her some relief but not as much as hoped. I suggested that she listen to *Brain: Support & Maintenance*, and she reported considerably more relief. She still gets migraines but far less frequently and less severe, and they pass quickly.

The *Circulation* tape has greatly reduced my constant ache from standing on cement floors all day at work. The bulging veins have reduced to fine "spider veins" around my knees and I feel comfortable using a stair climbing exercise machine again.

Your *Brain: Support & Maintenance* and *Lungs: Support & Maintenance* tapes have brought my headaches under control and have helped restore my endurance levels for the 3 mile walks I can now enjoy again without gasping for air.

A nine-year-old client had excruciating migraine headaches and needed occasional adjustments to relieve the pressure in his brain. As we began one counseling session, he was experiencing one of his headaches. I had my tape player with me and decided to see if the *Concentration* tape would help him through it while we continued the session. In less than five minutes he stopped in mid-sentence, looked at me in a combination of puzzlement, amazement, and relief, and said, "The headache is gone."

I use guided imagery as a mainstay in my practice at the *Pain Management* and Stress Management Clinic. My clients are much more receptive to imagery when I play *Hemi-Sync* musical tapes in the background. *Into the Deep*, *Inner Journey* and *Cloudscapes* are a few that I use often. The tapes are an extremely useful tool which accelerates the therapeutic benefits of guided imagery techniques.

I recently slipped and fell while getting into my car on a rainy day. As a result of the accident, I incurred broken bones in my left hand and foot, and both limbs were put in casts. Since the pain was quite intense, the orthopedic surgeon gave me prescription pain killers, and recommended that I remain immobilized for five weeks. Because I'd already worked tapes for many years, I knew my recovery would not be problematic. *Pain Management* eased the pain and reduced the swelling, so I needed to take medication for only two days. *Energy Walk* and *Restorative Sleep* lulled me into deep regenerative sleep states. I returned to work after only five days and my mobility and energy has been very impressive to the doctors and my colleagues throughout the ordeal.

My wife suffered severe headaches (sometimes migraines) for two weeks at a time during her monthly cycle, along with breast pain. She has found that *De-Discomfort* reduced and often took away the constant pain. It made life manageable again. I've used the same tape to take care of headaches and other pain. It really works.

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